

# GRAPEFRUIT JUICE

## CANNED, UNSWEETENED

for use in the USDA Household  
Commodity Food Distribution Programs

03/27/01

### Product Description

Canned unsweetened grapefruit juice is 100% juice, with no added sweeteners.

### Pack/Yield

The juice is packed in 46-ounce cans, which provide 7  $\frac{3}{4}$ -cup (6-ounce) servings.

### Storage

- Store unopened cans in a cool, dry place off the floor until ready to use.
- For **best quality**, unopened cans of grapefruit juice should be used within 12 to 18 months.
- Store leftover grapefruit juice in a covered container and refrigerate. Use within 5 to 7 days.

### Uses and Tips

- Blend grapefruit juice with fresh fruit, yogurt, and ice to make a fruit smoothie.
- Mix  $\frac{1}{2}$  cup juice with  $\frac{1}{2}$  cup sparkling water for a sparkling soda.

*(See recipes on reverse side)*



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### Nutrition Information

- **Grapefruit Juice** provides less than 80 calories per serving and is low in fat and sodium.
- One serving of grapefruit juice provides about 90% of your daily value for vitamin C.
- A  $\frac{3}{4}$ -cup serving of grapefruit juice provides 1 serving from the **FRUIT GROUP** of the **Food Guide Pyramid**.

#### Nutrition Facts

Serving size  $\frac{3}{4}$  cup (177ml)

Canned grapefruit juice

#### Amount Per Serving

Calories	70	Fat Cal	1
% Daily Value*			
Total Fat	.1g		0%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	1mg		0%
Total Carbohydrate	16g		5%
Dietary Fiber	<0.5g		0%
Sugars	13g		
Protein	0g		
Vitamin A	0%	Vitamin C	90%
Calcium	1%	Iron	2%

\*Percent Daily Values are based on a 2,000 calorie diet.

## Citrus Soother

1 cup grapefruit juice  
3 cups orange juice  
¼ cup honey\*  
1/8 teaspoon cinnamon (optional)

Heat in a medium saucepan the grapefruit juice, orange juice, honey\*, and cinnamon just until warm.

**Makes 4 8-ounce servings**

*Recipe provided by Florida Department of Citrus*

\*Honey is not recommended for children under 1 year of age.

### Nutrition Information for each serving of Citrus Soother:

Calories	166	Cholesterol	0 mg	Sugar	41 g	Calcium	20 mg
Calories from Fat	2	Sodium	5 mg	Protein	1 g	Iron	1.0 mg
Total Fat	.3 g	Total Carbohydrate	41 g	Vitamin A	34 RE		
Saturated Fat	.0 g	Dietary Fiber	0 g	Vitamin C	82 mg		

## Florida's Favorite Chicken

2 skinless, boneless chicken breast halves  
2 tablespoons chicken broth  
2 tablespoons chopped onion  
1 tablespoon cornstarch  
1 tablespoon water  
1 cup grapefruit juice  
2 tablespoons chopped walnuts

1. In skillet, brown chicken breasts in broth until lightly browned, 5 minutes each side.
2. Chop into bite-sized pieces and set aside.
3. In same skillet, lightly cook onion until transparent.
4. Mix cornstarch and water and add to onion.
5. Slowly add grapefruit juice and stir constantly until mixture starts to thicken.
6. Mix in chicken and walnuts. Simmer until heated through.

*Recipe provided by Florida Department of Citrus*

**Makes 2 servings**

### Nutrition Information for each serving of Florida's Favorite Chicken:

Calories	402	Cholesterol	148 mg	Sugar	9 g	Calcium	44 mg
Calories from Fat	99	Sodium	179 mg	Protein	56 g	Iron	2.3 mg
Total Fat	11.0 g	Total Carbohydrate	17 g	Vitamin A	12 RE		
Saturated Fat	2.2 g	Dietary Fiber	0 g	Vitamin C	36 mg		

## Easy Grapefruit Parfaits

1 4-oz package cook and serve vanilla pudding  
1¾ cups grapefruit juice  
8 ounces vanilla lowfat yogurt  
¾ cup crushed graham crackers

1. Prepare pudding mix according to package directions, substituting the grapefruit juice for the milk.
2. After cooking, chill the pudding.
3. After chilling, fold the yogurt into the pudding.
4. Divide 1/3 of pudding among six glasses.
5. Sprinkle with half of the crushed graham crackers.
6. Repeat layers, then top with remaining 1/3 of pudding.

*Recipe Provided by Florida Department of Citrus*

**Makes 6 servings**

### Nutrition Information for Each Serving of Easy Grapefruit Parfaits:

Calories	184	Cholesterol	2 mg	Sugar	26 g	Calcium	78 mg
Calories from Fat	17	Sodium	243 mg	Protein	3 g	Iron	.3 mg
Total Fat	1.9 g	Total Carbohydrate	38 g	Vitamin A	14 RE		
Saturated Fat	.6 g	Dietary Fiber	0 g	Vitamin C	21 mg		

**These recipes, presented to you by USDA, have not been tested or standardized.**

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